

# Aquarobics

## COBB COUNTY AQUATIC CENTER

*A fun way to get into shape, while using the qualities of water. Buoyancy enables one to do aerobic exercise with minimum strain. Resistance of the water helps to tone up muscles and build endurance quickly. Movement of the joints is greatly improved in the water, making aquarobics an excellent program for those with arthritis, back problems or other medical problems.*

### Class Times

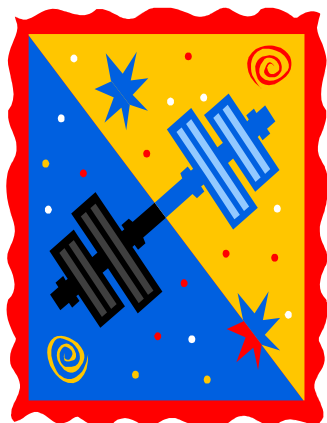
9:00 am - 10:00 am	Monday, Wednesday, Friday	Aqua-Aerobics
10:00 am - 11:00 am	Monday, Wednesday, Friday	Aqua-Aerobics
5:30 pm - 6:30 pm	Monday, Wednesday	Aqua-Aerobics

### Prices

Adults: \$3.00 per day (10 visit card - \$30.00)

Seniors: \$2.00 per day (10 visit card - \$20.00)

\*senior rate is for individuals 60 +



Aqua-Aerobics classes are low impact, moderate to high intensity classes. Classes can be modified for Low Impact / Low Intensity depending on your activity level in the class.

All classes are taught by certified instructors.

All participants must fill out the Aqua-Aerobics medical history and sign a release form.